

**The University of Western Ontario  
Faculty of Health Sciences**

**Health Sciences 1001a: Personal Determinants of Health  
Fall 2010  
Tuesdays 10:30am – 12:30pm, Thursdays 11:30am – 12:30pm  
Location: HSB 40  
<http://webct.uwo.ca/>**

<b>Instructors</b>	<b>Office</b>	<b>E-mail</b>	<b>Office Hours</b>
Dr. Shauna Burke	Arthur & Sonia Labatt Health Sciences Building, Room 216	<a href="mailto:sburke9@uwo.ca">sburke9@uwo.ca</a>	By appointment

<b>Teaching Assistants</b>	<b>E-mail</b>	<b>Office Hours</b>	<b>Students with last names...</b>
Zeina Dhaybi	<a href="mailto:zdhaybi@uwo.ca">zdhaybi@uwo.ca</a>	By appointment	Abdihalim – Faraawi
Katharine Hall	<a href="mailto:khall23@uwo.ca">khall23@uwo.ca</a>	By appointment	Farquhar - Nolan
Tatiana Murkin	<a href="mailto:tezdyb@uwo.ca">tezdyb@uwo.ca</a>	By appointment	Noonan - Zielinski

### **Purpose of the Course**

The purpose of the course is to introduce students to the constructs of health and wellness from a personal perspective. The course covers a range of health-related topics related to personal health and wellness, with a particular emphasis on increasing knowledge, awareness, and improving individual health.

### **Course Topics**

The course lectures and required readings will focus on the following topics/units:

- Topic 1: Introduction: Taking Charge of Your Health  
Core Concepts in Health: Chapter 1 (pp. 1-29)
- Topic 2: Stress: The Constant Challenge  
Core Concepts in Health: Chapter 2 (pp. 31-60)
- Topic 3: Psychological Health  
Core Concepts in Health: Chapter 3 (pp. 63-92)
- Topic 4: The Use and Abuse of Psychoactive Drugs  
Core Concepts in Health: Chapter 9 (pp. 235-269)
- Topic 5: Alcohol Use  
Core Concepts in Health: Chapter 10 (pp. 271-296)
- Topic 6: Tobacco Use  
Core Concepts in Health: Chapter 11 (pp. 299-327)

- Topic 7: Obesity and Weight Management  
Core Concepts in Health: Chapter 14 (pp. 415-447)
- Topic 8: Nutrition Basics  
Core Concepts in Health: Chapter 12 (pp. 329-377)
- Topic 9: Exercise for Health and Fitness  
Core Concepts in Health: Chapter 13 (pp. 379-413)
- Topic 10: Health and Exercise Psychology  
Reading: To be announced\*  
(\*will be posted on WebCT at a later date)
- Topic 11: Protecting Yourself From Disease:  
Cardiovascular Health  
Core Concepts in Health: Chapter 15 (pp. 449-482)
- Topic 12: Protecting Yourself From Disease: Cancer  
Core Concepts in Health: Chapter 16 (pp. 485-517)
- Topic 13: Protecting Yourself From Disease:  
Immunity and Infection  
Core Concepts in Health: Chapter 17 (pp. 519-549)
- Topic 14: Protecting Yourself From Disease:  
Sexually Transmitted Infections (HIV Infection and AIDS)  
Core Concepts in Health: Chapter 18 (pp. 551-568)
- Topic 15: Aging: A Vital Process  
Core Concepts in Health: Chapter 22 (pp. 679-699)
- Topic 16: Laughing Your Way to Better Health  
Reading: Saturday's comics!

### Course Readings

Students will be assigned several readings throughout the duration of the course. These readings correspond to the lecture topics and will be identified at the end of each lecture and on the course syllabus (located by logging in to WebCT OWL: <http://owl.uwo.ca/>)\*. Additional readings may be posted on the course website at any time. Students are responsible for the content of **all** required readings.

\*Students should log in to WebCT OWL on a regular basis (<http://owl.uwo.ca/>) using their UWO username and password for access to the HS 1001a course web-page.

### Course Text

Insel, P. M., & Roth, W. T. (2010). *Core Concepts in Health* (Eleventh Edition). New York, NY: McGraw-Hill.

## Course Evaluations

Each student must take two in-class mid-term exams and one final exam. Mid-term exam #1 is scheduled for Tuesday October 12, 2010. Mid-term #2 is scheduled for Tuesday November 16, 2010. Locations for both exams will be announced prior to each exam.

In the event that either of the mid-term exams is missed for medical reasons or extenuating circumstances, appropriate supporting documentation **MUST BE** provided. Recently, The University of Western Ontario's Senate approved a medical note policy, which affects all students. For detailed information and forms, please visit <https://studentservices.uwo.ca/secure/index.cfm>, and for further policy information please visit [http://www.uwo.ca/univsec/handbook/appeals/accommodation\\_medical.pdf](http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf). If appropriate documentation is provided, a makeup examination will be scheduled within one week of the scheduled exam.

The final exam in December will be scheduled by the Registrars Office at a later date and it is strongly recommended that students do not plan holidays/vacations until the Registrars Office publishes the final exam schedule.

<u>Evaluation</u>	<u>Percentage</u>	<u>Readings Included</u>
Mid-Term Exam #1	30%	All readings assigned prior to October 12th
Mid-Term Exam #2	35%	All readings assigned between October 14th and November 16th
Final Exam	35%	All readings assigned throughout the course

\*While mid-term examinations are not cumulative, the final exam is cumulative. All exams will include material from required readings, as well as any material covered during regularly scheduled classes (including class lectures, class notes, films/videos, guest presentations, etc.).

**Use of Electronic Devices:** The use of electronic devices will not be allowed during examinations.

## Course Grading and Appeals

Grades for *all School of Health Studies* courses are expected to be within the following ranges:

Year 1	68 – 72
Year 2	70 – 74
Year 3	72 – 76
Year 4	74 – 78

Grades outside of these ranges need to be submitted to Adjudication Committee or Director for review. All grades are sent to Director for approval. Faculty cannot release final grades until they have been calculated by the Faculty and reviewed by Director. This is a School of Health Studies Grading Criteria Policy.

**Rounding of grades (for example, bumping a 79% to 80%):** This is a practice some students request. The practice will not occur here. The edges of this course are clear and sharp. The mark attained is the

mark you achieved and the mark assigned; there is no rounding to the next grade level. Please don't ask us to do this for you. It degrades our experience as your professor(s) and your experience as a student. We both have an appreciation of high standards.

**Privacy:** Students will be able to access their grades through OWL, a secure network which requires a personalized log-in name and password. Appointments with the instructor and/or T.A. must be made for a student to view their own graded examination.

### **Academic Offenses**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: <http://www.uwo.ca/univsec/handbook/appeals/scholoff.pdf>

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

### **Support Services for Students**

The following services may be of assistance to students:

- Registrarial Services (<http://www.registrar.uwo.ca/>)
- Student Development Services (<http://www.sdc.uwo.ca/>)
- Student Health Services (<http://www.shs.uwo.ca/>)

### **Important Dates**

Tuesday September 14, 2010:	HS 1001a lectures begin
Tuesday October 12, 2010:	Mid-term exam #1
Tuesday November 16, 2010:	Mid-term exam #2
Tuesday December 7, 2010:	HS 1001a lectures end
December 10 – 21, 2010:	Final examination period*

\*The final examination for HS 1001a will be scheduled by the Office of the Registrar.